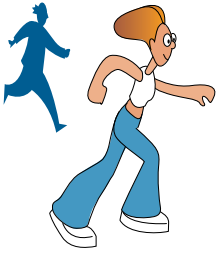


HEAD HEART FEET AND SPIRIT



Name:

Write a couple of sentences about your day under each heading below.

HEAD – What have I learned today?

HEART – How do I feel about today?

FEET – What will I do with what I've learned today?

SPIRIT – How did I connect today?